

Frimley Health and Care



SCAN ME



	Top number Systolic	Bottom number Diastolic
Low BP	Less than 90	Less than 60
Normal BP	90 - 120	60 - 80
High-Normal BP	120 - 140	80 - 90
High BP	140 and above	90 and above

Take the Measure It challenge

Fight **high blood pressure** to **STOP** stroke and heart disease.

Know Your Numbers!®
Week 2022
5-11 September

bloodpressureuk.org
#KnowYourNumbers



Blood Pressure UK
Helping you to lower your blood pressure

Do you know your numbers?

It's easy peasy to take your BP (blood pressure) reading and we are supporting our staff to do so.

Take the challenge today.

Visit - www.frimleyhealthandcare.org.uk/bloodpressure for more information